



**Newsletter volume 11 August 8th –Sept 7th 2006-The Chinese Month of
Monkey**

FREE FENG SHUI ITEMS- misterfengshui will give away items such as Chinese Paintings, Decorative Ornaments, Figurines every month for newsletter subscribers (up to five per month while stock last)-check out our newsletter for winners! This month winners are:

Theresa Saptel (Bahrain)
Vidya Sury (Bangalore, India)
Carmel A Stephano (DE, USA)
Jeannie Lo (Malaysia)
Rene Bercasio (Ontario, Canada)

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About the Book

Learn to manage your life in just 124 minutes! Iron out the wrinkles in your path and smooth the way toward your destination. Personal, career, finances, family, relationships, home settings or work places, all can be optimized by following these proven techniques. Transform your hard work and determination and achieve a better quality of life!

This Eastern Wisdom, in a compilation of simple yet effective Feng Shui practical approaches, will help you harness the best energies and avoid negative ones. This book explores the power of Feng Shui, not as something you do, but as the energy of which you are a part.

Feng Shui involves studying the environment to create desired outcomes that you might not otherwise consider. Just as the subatomic particles that comprise us cannot be separated from the space, time and particles surrounding us, living beings cannot be isolated from the subtle energies of the environment in which we live.

The simple principle I urge you to explore with me is the existence of an ultimate force of energy that is well beyond the capacity of our mind to comprehend, but exists nonetheless. To engage that force properly is to harness the energy of the Universe to effect positive change in all aspects of your life. That is the art and science of Feng Shui. Let me help you take practical steps to smooth out your life... in just 124 minutes.



The One Minute Feng Shui

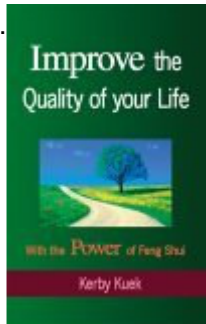
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1.



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Author: [Kerby Kuek](#)

Publisher: Trafford Publishing

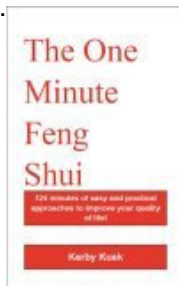
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2.



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Excerpts from The One-Minute Feng Shui

13th Minute - Is a construction site in the vicinity?

Major health problems are caused by construction sites. Construction sites not only attract 'unkind energies' to the house, but the sound of drilling and demolitions, as well as dusty debris, are also bad for a person's health. Again, I would recommend the use of the 5-elements theory to counter the unkind energies.

Refer to Appendix 1 for solutions

24th Minute - Are the kitchen and bathroom facing each other?

A kitchen is 'fire' and a bathroom is 'water', in accordance with the 5-Elements theory. When fire meets water, the result can be destructive scenarios, such as constant arguments or discord between family members.

Take a minute to check if your home contains such a situation. If yes, do not worry, there is always a solution from the Feng Shui perspective. Simply place a green carpet or water plants on either side of the door to produce a "bridging" effect for such a pitfall. You will argue less with your spouse or family members after you take such an action.

29th Minute - Are any beds facing a mirror?

A mirror in your bedroom directly facing the bed is said to bring yin energies and I would say this is more psychology than anything else is. Imagine waking up in the middle of the night and seeing yourself in the mirror. This might cause constant stress to your subconscious brain.

Take a minute to check all the bedrooms and cover all the mirrors when not in use.

39th Minute - Fish: Abundance and success

Fish are associated with abundance and the pronunciation of the word 'fish', in both Mandarin and Cantonese, is synonymous with extra or abundance; therefore many Chinese people like to keep fish as pets in their homes. In the Feng Shui perspective, since fish cannot live without water and are constantly in motion, a fish tank and water can be used to act like a water fountain to produce the so-called 'water-star effect'. This powerful water-with-fish element should be located in any one of three sectors: The first choice is near your front door, while the second choice is in the water-sector star location (refer to my first book's summary of Period 8 house setting), and the third would be in the Southwest sector of your house in Period 8.

Take a minute to digest the above or simply remember the three sectors that are ideal for placement of fish.

107th Minute - *Remedy for hyperactive kids*

Star 3 governs the behavior of children, especially below the age of 12. This active and aggressive star energy needs to be drained in case you have a hyperactive child that cannot sit still. Since this star is Wood in accordance with the 5-Elements theory, you need to place red colored Feng Shui items, such as a red wood horse, red carpet, pink curtains or any red ornaments, in such location. In Period 8 (from 2004-2023) the number 3 star is in the South and for the yearly Flying Star locale please refer to my website or my book.



Face Reading

EYES

Eye accessing cues include movements of the eyes in certain directions, which indicate visual, auditory or kinaesthetic thinking.

Visual remembered: (eyes up to the right) seeing images of things seen before, as they were. Questions that usually elicit this kind of processing include: "What color is your father's car?" or "What does your pantry look like?"

Visual constructed: (eyes up to the left) imagining images of things never seen before, or seeing things different than they were. Questions to ask: "What would an orange hippopotamus with purple spots look like?"

Auditory remembered: (eyes to the right side) remembering sounds heard before. Ask, "What is the sound of your alarm clock?"

Auditory constructed: (eyes to the left side) hearing sounds never heard before. Ask, "What would the sound of clapping turning into the sound of birds singing sound like?"

Auditory digital: (eyes down to the right) talking to oneself. Ask, "Recite the Pledge of Allegiance internally."

Kinaesthetic: (Eyes down to the left) feeling emotions, tactile sensations (sense of touch), or proprioceptive feelings (feelings of muscle movement). Ask, "What does it feel like to be angry?" or "What is the feeling of touching a pine cone?"

High-spirited eyes

The eyes look shiny and relective. A person with such spirited eyes is decisive and proactive since he is firm and confident.

Low-spirited eyes

Such eyes are indecisive, hesitant and passive since the person has low self-esteem.

Watery eyes

Such eyes are said to attract the opposite sex or are constantly in relationship problems. The problem is that faced with too many choices, such a person might end up with nobody in the end.

Big/Round Eyes

This refers to persons with big eyeballs (pupil plus iris). Such eyes are called child-eyes and persons with such eyes are naïve, curious and gullible. Such a person seldom pays much attention to details or fine work and is often careless and will not keep secrets.

Small Eyes

Persons with small eyes pay attention to details and are able to keep secrets. Males with long and small eyes are able to have beautiful wives according to these readings. The weaknesses of small eyes are that at times such a person is narrow-minded and vindictive.

Persons with small yet firm eyes are normally sharp in the investments arena and occasionally hold important positions in organizations.



Long Eyes

One of the most frequently asked questions by my students is, "Will I get rich?" The answer is they will if they are equipped with long eyes. Such persons are smart and determined to win.

Three White Eyes

Such a person's eyeball is surrounded by white on 3 sides and the eyeball is grown lower than in a normal situation. Such a person is ruthless and will go all out to get what he wants. Such a person is prone to injury, litigation problems, gang fights and accidents.

This person will have a hard time finding a good and stable relationship due to his inquisitive nature.

Four White Eyes

This person's eyeball is completely surrounded by the white of the eyes. These people tend to be more problematic than the 'three white eyes' people. Such people will have extreme habits and be difficult to get along with well.

Bulging Eyes

Such persons are prone to have accidents or unwanted attention. Persons with such eyes are hot-tempered and always involved in unwanted grievances.

Eyes that point downwards

Persons with such eyes are said to have relationship problems before age 40. Poor relationship management and indecisiveness on making critical decisions are their major pitfall. Due to indulgence in relationships, such persons will neglect their career paths. Statistics show that such persons will tend to have more daughters than sons.

Eyes that point upwards

This is the reverse of the above. However, at times such persons end up manipulating relationships rather than managing them. Career-oriented and autocratic when holding power, statistics show that such persons will tend to have more sons than daughters.

Double-folded eyelids

Persons with double-folded eyelids tend to place great emphasis on relationships and express their feelings and emotions more freely. Such persons will tend to be more family-oriented.

Single-folded eyelids

This is the reverse of the above. Such persons will tend to place greater emphasis on their career as opposed to on relationship. Such persons like to hide their true feelings and seldom express them correctly.

Half-closed eyes

This is more science than anything else, since such persons will be injured easily, especially related to their feet due to the likelihood of being tripped or tumbling.



Learn Basic Chinese Metaphysic

Chinese Heavenly-Stems (Chinese Numbers)

(1) One (Kap) 甲, Yang Wood

The first stem and is associated with big trunk or log. That will require a strong foundation of earth to keep the roots in good shape. If the tree needs to grow, it requires the nurture of Water and avoids fire. For the use of wood, one will require metal (axe) to chop as planks to create fire, however that lead to exhaustion of wood.

Symbolic: Forest wood, big and firm, authoritative.

(2) Two (Yuet) 乙, Yin Wood

The root of Yin Wood is critical; it will require the Yang Earth (dry earth) and avoid Yin Earth (wet earth). Too much water will lead to unstable wood and metal is not welcomed at all.

Symbolic: Small plants, soft and gentle

(3) Three (Peng) 丙, Yang Fire

This is identical to sunlight that shines on earth. Yang Fire will require wood to nurture and avoid Yin Earth (wet earth). Yang Water on Earth while Yang Fire on surface will not cause chaos. In fact the best combination is to have both stem together.

Symbolic: Sunlight, giving and passionate.

(4) Four (Ting) 丁, Yin Fire

This candle light fire dislikes the existence of Yang Fire to overshadow its glorification. Yin fire on time stem meet with metal will create wealth. Ideal amount of wood to nurture Fire is essential; however wet wood will not perform this function to create fire.

Symbolic: Starlight or candle light fire, gentle and smart.



Becoming Free - A Reminder of the Principles of Life-continue from previous newsletter

11: **Love** responds- fear reacts. Love connects- fear separates. Love uplifts- fear deflates. Love creates- fear destroys.

12: There is no such thing as a mistake- **only experience**. There is no such thing as failure- only people's condemnation. There is no such thing as success- only people's approval. Let life live through you.

13: Do not get caught up in modifying your life, allow life to **change YOU**. Modification is a superficial exterior veneer, change is an inner shift in consciousness.

14: Pain is a measure of your **resistance** to change.

15: Decide whether you want to be an onlooker of life or a **participant**. This is the birthplace of choice.

16: You hear with your ears- but you listen with your mind. You look with your eyes- but you **see from the heart**.

17: Consciousness is not contained in your body- you are the consciousness that contains the body. Consciousness draws to itself form through which to **express**.

18: Your mind cannot exist in the moment. You cannot think your way into the moment, you can only think your way out of it. This indicates that your mind/intellect cannot set you free. Only your consciousness is aware of NOW. **True freedom is a state of consciousness**.

19: We each live in our own universe, a universe of our making. It is designed to support our beliefs and our focus. Our thoughts are our focus, so **observe your thoughts**, focus on your blessings, and trust. This is how you become a participant.

20: Practise seeing all life around you as an aspect of yourself. In this way you **shatter the illusion of separation**.

Please write to editor@misterfengshui.com

Your letters and comments are always welcomed!

-Kerby Kuek

